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Bantamweight -56 kg (1948-1968)
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Olympic weightlifting, or Olympic-style

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weightlifting, often simply referred to as weightlifting, is a sport in which the athlete attempts a maximum-weight single lift of a barbell loaded with weight plates. The two competition lifts in order are the snatch and the clean and jerk. The snatch is a wide-grip, one-move lift. The clean and jerk is a close-grip, two-move lift. Each weightlifter receives

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three attempts in each, and the combined total of the highest two successful lifts determines the

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